

Cool Cucumber Yogurt Dip

Prep time: 15 minutes

Makes: 6 Servings

Stay cool as a cucumber this summer! Serve this dip with cut-up veggies for a refreshing summer snack.

Ingredients

- 1 **cup** plain low-fat yogurt
- 1 **cup** fat-free sour cream
- 1 **cucumber**
- 1 **tablespoon** lemon juice
- 1/4 **teaspoon** garlic powder
- 1/4 **teaspoon** dried dill weed
- 1/4 **teaspoon** salt
- 1/4 **teaspoon** ground black pepper
- 1 **cup** baby carrots
- 1 **cup** broccoli florets

Directions

1. Place the yogurt and sour cream in a medium-sized mixing bowl.
2. Peel cucumber and cut in half lengthwise. Remove the seeds by scraping them out with a spoon. Grate one half of the cucumber until you have 1/2 cup grated cucumber. Reserve the remaining cucumber. Place the grated cucumber in the mixing bowl with the yogurt and sour cream.
3. Add lemon juice, garlic powder, dried dill weed, salt, and black powder. Stir until the ingredients are evenly mixed.
4. Cover the dip and place in the refrigerator to chill for at least 1 hour. Stir again just before using.
5. Cut the remaining cucumber into 1/4-inch slices. Arrange the cucumber slices, baby carrots, and broccoli florets on a



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	55	
Total Fat	1 g	
Protein	3 g	
Carbohydrates	9 g	
Dietary Fiber	1 g	
Saturated Fat	0 g	
Sodium	170 mg	

*Percent Daily Values are based on a 2,000 calorie diet.

platter. Serve with the Cool Cucumber Yogurt Dip.

Notes

- Instead of dried dill, use 1 teaspoon of fresh dill if available. Consider adding fresh or dried mint leaves, too.
- Try using this dip as a sauce for flatbread sandwiches.

Food Demonstration Samples: Offer 1-tablespoon portions of the dip in a small cup. Add one or two pieces of cucumber, broccoli, or baby carrot. Make 24 samples.

Meal Pattern Contribution Statement: 1/4 cup dip with vegetables provides 0.25 oz eq meat alternate, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable and 1/4 cup other vegetable.

Summer Food, Summer Moves (FNS-607)